

Fort Sam Houston News Leader

FORT SAM HOUSTON

A PUBLICATION OF THE 502nd AIR BASE WING – JOINT BASE SAN ANTONIO



JULY 8, 2010
VOL. 52, NO. 27

"One Team, Supporting Military Missions and Family Readiness!"

CONCERT & MOVIE UNDER THE STARS

FREE TO
THE PUBLIC



ARMY
MEDICAL
COMMAND
BAND

Music
7:15 p.m.
Movie
8:45 p.m.
"The Blind
Side"

JULY 9, Post Flagpole

Army looking at yoga, acupuncture to treat pain

By Alexandra Hemmerly-Brown
ARNEWS

The Army's health-care system may soon see changes in how Soldiers are treated for pain, according to a report released by the Army's surgeon general June 23 which recommends 109 changes.

The Pain Management Task Force's final report, which was initiated by Lt. Gen. Eric B. Schoomaker in August 2009, addresses the lack of a comprehensive pain-management strategy across the Army, and suggests alternative treatments to medication such as acupuncture, meditation, biofeedback and yoga. Also noted in the report is the fact that pain management has changed very little since the discovery of morphine in 1805.

Schoomaker explained that with the increasing numbers of Soldiers returning from combat with severe wounds, reports of medication abuse and suicides with pain as a possible factor are troubling.

"While these issues might not be directly related to pain management, I felt a thorough evaluation and assessment of current pain-management practice was indicated," Schoomaker said.

He said part of the problem is that severely injured Soldiers, like those in Warrior Transition Units,

See YOGA P13

Fort Sam celebrates Independence Day



Photo by Esther Garcia

Sgt. Kevin Rose, noncommissioned officer in charge, Cannon Salute Battery, Headquarters and Headquarters Company, U.S. Army Garrison, signals to the cannon crew to fire the cannon during the 4th of July celebration at the post flagpole. Surrounded by a display of the 50 state flags; the four cannons – the highlight of the ceremony – fired a salute in succession for each of the fifty states in the order they joined the Union. Host and keynoter speaker for the ceremony, Col. Mary E. Garr, commander, 502nd Mission Support Group/Garrison, spoke about our forefathers who sacrificed their lives in order that their children and grandchildren could be free and independent. "As the cannons fire, remember that our freedom was and continues to be won and protected on battlefields around the world, again at a cost."

Gates visits WFSC, presents Purple Hearts to Soldiers

By Lori Newman
FSH Public Affairs

Defense Secretary Robert M. Gates presented Purple Hearts to two Soldiers June

30 during a ceremony at the Warrior and Family Support Center. Sgt. Legrand Strickland, Company C, 1st Battalion, 508th Infantry, 4th Brigade

Combat Team, was injured Feb. 2 while on patrol in Afghanistan. His vehicle struck an improvised explosive device.

Strickland stood

with the assistance of a handmade cane carved with an eagle's head as Gates pinned his Purple Heart.

"My husband was supposed to receive

the Purple Heart at Fort Bragg [N.C.] from his guys, when they get home from Afghanistan. But,

See GATES P6



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JBSA looks at transforming business practices

By Brent Boller

502nd ABW Public Affairs

Joint Base San Antonio officials are looking at transforming business practices to meet the unique challenges of supporting Army and Air Force organizations across San Antonio.

JBSA leadership met with members of the Arlington, Va.-based Business Transformation

Agency June 22-23 to identify and scrutinize processes in areas such as information flow, accounting and hiring practices, contracting and civil engineering.

The analysis of these processes is critical as Fort Sam Houston and Lackland and Randolph Air Force Bases combine support services.

“Rather than three separate entities, the joint base will have to

develop into one,” said Lt. Col. Phil Keller, who helped lead the workshop.

Business practices differ between the military services, so extra attention should be given to coordination and consistencies ensuring smooth transition as Army and Air Force cultures merge and strive for efficiency, Keller said.

Part of the process involves identifying

obstacles and ways to overcome them.

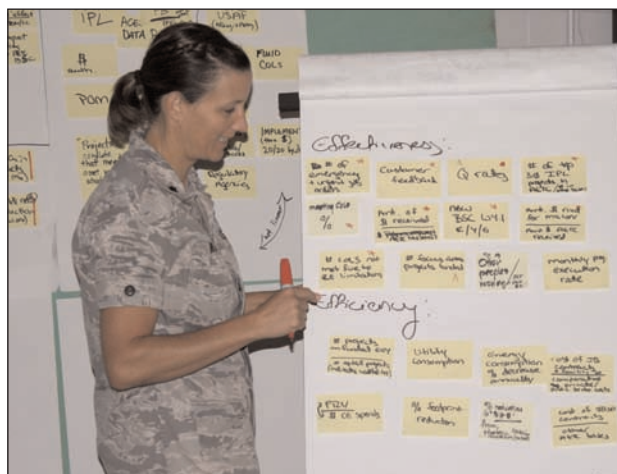
“With Joint Base San Antonio, we have a remarkable opportunity to change the way business has been conducted in the past,” said Air Force Brig. Gen. Leonard Patrick, 502nd Air Base Wing commander.

“This workshop is a beginning, but we need to keep up the momentum,” Patrick said.

Patrick said officials

are working to ensure JBSA, the largest organization for installation support within the Department of Defense, leads the way toward maximum efficiency while learning from best practices.

“Joint Base San Antonio can set the standard for other joint bases, but we can also learn from them.”



Air Force Lt. Col. Christina Voyles, Headquarters Air Education and Training Command, leads a seminar group on charting end-to-end processes during a recent visit from the Business Transformation Agency to Joint Base San Antonio. Military and civilian members of the BTA assisted joint base leadership with identifying and improving processes in areas such as information flow, accounting and hiring practices, contracting and civil engineering.

Courtesy photo

Weekly Weather Watch

	July 8	July 9	July 10	July 11	July 12	July 13
San Antonio	88° T-storms	88° Chance of T-storms	90° Chance of T-storms	92° Partly Cloudy	92° Partly Cloudy	94° Partly Cloudy
Kabul Afghanistan	93° Clear	93° Scattered Clouds	95° Scattered Clouds	89° Scattered Clouds	89° Scattered Clouds	86° Scattered Clouds
Baghdad Iraq	113° Clear	116° Clear	118° Clear	122° Clear	122° Clear	113° Clear

(Source: Weather Underground at www.wunderground.com)

ICE

Have feed-back for a post customer service provider?

Go to the Interactive Customer Evaluation Web site at <http://ice.disa.mil> and voice your opinion today.

News Briefs

Street Closure

Third Street will be closed south of the Joint Base Headquarters to Jessup Road July 6-Nov. 15, supporting Installation Command Campus Area Development projects Building 600 (Long Barracks), the Tactical Equipment Maintenance Facility and Company Operations Facility. This will affect personnel who park at the corner of 3rd and Jessup Road. Joint Base staff may still park in their parking lot. Additional parking is available behind Building 4011. Call 221-3961.

Free Valet Parking Service at BAMC

The service is free for Brooke Army Medical Center patients Monday-Friday, 7:30 a.m.-6 p.m. Just show I.D. card or appointment slip at the BAMC Medical Mall entrance. Additional parking made available for patients in parking lots A and B through the Binz-Engleman Gate and lot D through the IH-35 gate for those who do not want to use this service.

PR Birth Certificates and DEERS

Effective July 1, Puerto Rico law canceled or invalidated all birth certificates issued prior to June 30, 2010. Soldiers, Family members and civilians born in Puerto Rico must request new birth certificates via an online application process at <http://www.pr.gov/gprportal/inicio>. Defense Eligibility Enrollment System offices will only be accepting the new certified birth certificate for initial enrollment into DEERS as of July 1. Individuals enrolled in DEERS prior to July 1 will remain valid and enrolled in DEERS. Birth certificates used for enrollment previous to July 1 will not be invalidated by DEERS. For updated information visit <https://forums.bcks.army.mil/CommunityBrowser.aspx?id=1094466>.

BAMC Troop Command

A change of command ceremony will be held July 9, 8:30 a.m. at the main post flagpole. Col. Linda R. Carmen will relinquish command to Lt. Col. Corrina Dixon. In case of inclement weather, ceremony will be held at Army Community Services,

See NEWS P4

'Bloodrunners' return from deployment to Afghanistan



Sixteen soldiers with the 440th Blood Support Detachment return home following a 12-month deployment to Afghanistan. Known as "Bloodrunners," the detachment provides collection, storage and distribution of blood and products to medical units and to other operations. "We are elated and relieved to come home," said Capt. Craig Mester, commander for the detachment. "We had a challenging year, we got a lot accomplished and I am really proud of the troops. It was quite extraordinary we were able to pull it off with the size of the team and the amount of responsibility we had. We provided products for the entire theater. Our customer base increased 60 percent during the time we were there. We stood up platelet collections in Kandahar [Iraq] and by the time we left we increased platelet collection in theatre by 400 percent. It is a significant contribution and it will definitely save a lot of lives."



Photos by Esther Garcia

Maj. Gen. David Rubenstein, commanding general, Army Medical Department Center & School, joins with Fort Sam Houston leaders to welcome Soldiers from the 440th Blood Support Detachment home following a 12-month deployment in support of Operation Enduring Freedom. The ceremony was July 6 at Army Community Services.

Training brigade breaks new ground with civil affairs unit

By Staff Sgt. Danial F. Lisarelli

1st BCT Brig., 75th BCT Division

The 1st Battle Command Training Brigade, 75th BCT Division provided Battle Command Staff Training to the command and staff of the 321st Civil Affairs Brigade June 20-23 at Camp Bullis.

The 321st is the first Army Reserve civil affairs brigade to be supplied with the Army Battle Command System which includes the Command Post of the Future.

This training event completed a series of

three command post exercises preparing the 321st to successfully deploy ABCS in future operations.

CPOF is a key component of the Army Battle Command System providing commanders and staff tools to analyze and control "battle space," in a real-time environment.

"It's been a real win-win," said Col. Kenneth "Ritche" Moore, 321st Civil Affairs Brigade commander, noting it was the first time a civil affairs brigade staff exercised doctrine under a 21st century technology-based simulation.

The 1st BCT Brigade,



Photo by Staff Sgt. Danial F. Lisarelli

Soldiers of the 321st Civil Affairs Brigade participate in a command post exercise at Camp Bullis.

75th BCT Division, is located at the Ellington Joint Reserve Base in

Houston. The 321st Civil Affairs Brigade is headquartered in San

Antonio near Fort Sam Houston.

News Briefs

NEWS from P3

Building 2797.

Concert and Movie Under The Stars

Bring the Family for music and a movie under the stars July 9 at the post flagpole. The evening starts off at 7:15 p.m. with a free concert by the Army Medical Command Band that will get the crowd movin' and groovin' with music from all different genres, including blues, rock, classical and pop. Then, grab some free popcorn, cotton candy or a snow cone for the showing of "The Blind Side," at 8:45 p.m. Bring lawn chairs or a blanket. Call 221-2705/2418.

Play Area Ribbon-Cutting Ceremony

Child, Youth & School Services' ribbon-cutting ceremony for five new play areas on Fort Sam Houston has been rescheduled for July 9, 1 p.m. between the Family and MWR Youth Center, Building 1630 and School Age Services, Building 1705 on Winans Road. Call 295-4806.

August BSEP/GT Improvement

The FSH Education Center is accepting enrollments for the Basic Skills Education Program/General Technical Improvement class, August 10-27. Active duty Soldiers, reserve, guard and members of other services may attend. Class prepares Soldiers for the ASCT. Seating is limited, contact a counselor at the Education Center, Building 2248, 2408 N. New Braunfels Ave., or call 221-1738.

FSH Family & MWR
Sports Updates

<http://www.fortsamhoustonmwr.com/vsm/page.asp?pid=239>

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/vsm/page.asp?

pid=239

Army Medical Service Corps celebrates 93rd anniversary

By Steve Elliott
FSH Public Affairs



For being 93 years old, the Medical Service Corps shows no sign of its age as its officers perform the clinical, scientific, administrative and leadership roles essential to the Army's medical mission around the world.

"You are all inspiring trust in the Corps," said Maj. Gen. David Rubenstein to the assembled officers at the MSC anniversary luncheon at Lincoln Family Housing July 1. Rubenstein is commanding general of the U.S. Army Medical Department Center & School and Chief of the Army Medical Service Corps. "MSC officers are helping the Army meet its mission every day in a very busy time."

Officially, the U.S. Army Medical Service Corps was established in 1947, but "we should date our time back 93 years to 1917," the general said. "There is a solid line from the U.S. Sanitary Corps to today's MSC."

The Sanitary Corps is generally acknowledged as the oldest direct antecedent of the MSC and its creation on June 30, 1917, is the cause for celebrating that date as the MSC birthday.

If that solid line were extended even further into the past, Rubenstein said the Medical Service Corps' roots could even be traced back to 1862.

"A young doctor

named Jonathon Letterman was hired to be the Surgeon for the Army of the Potomac in 1862. He replaced a surgeon who was fired because healthcare back then wasn't too good," the general said. "The first thing he did was set up a system that took the wounded Soldiers off the battlefield and turned the ambulances over to an administrative corps of officers to command, as opposed to being run by the Quartermaster Corps."

"From that day to today, there's been a special corps of officers designed solely to take care of the needs of the scientific parts of Army medicine which aren't in the medical or dental corps."

Precursors such as Revolutionary War apothecaries and officers of the Civil War Ambulance Corps evolved into World War I's Sanitary Corps, established by then-Surgeon General William Gorgas as a temporary part of the Medical Department.

The U.S. Sanitary Corps enrolled newly commissioned officers with "special skills in sanitation, sanitary engineering, in bacteriology, or other sciences related to sanitation and preventive medicine, or who possess other knowledge



2nd Lt. Lorraine Smalls (left) and retired Col. Byron Howlett (right) assist Maj. Gen. David Rubenstein, commanding general of the U.S. Army Medical Department Center & School and Chief of the Army Medical Service Corps, in cutting the cake during the MSC anniversary luncheon at Lincoln Family Housing July 1. Howlett was an MSC officer who flew medical evacuation missions during the Vietnam War, and was also commander of the 498th Air Ambulance Company from June 1967 to June 1968.

Photo by Steve Elliott

of special advantage to the Medical Department," according to an article by retired Col. John J. Ciesla in the April-June 2006 U.S. Army Medical Department Journal. Ciesla served as Deputy Assistant Secretary of the Army for Environment, Safety and Occupational Health.

This corps, which rapidly expanded to nearly 3,000 officers during World War I, relieved physicians from a variety of administrative, technical and scientific duties, according to the "The History of the U.S. Army Medical Service Corps" by retired Col. Richard V.N. Ginn.

"Between World War I and World War II, the Medical Administrative Corps and Pharmacy Corps were also stood up," Rubenstein said in explaining MSC history.

The Medical Administrative Corps were established June 4, 1920, and increased in size from less than 100 officers in 1939 to more

than 22,000 by 1945. These officers freed physicians for patient care responsibilities by occupying an expanded variety of positions, Ginn related in his book.

The Pharmacy Corps was then established as a Regular Army branch July 12, 1943. On Aug. 4, 1947, all three corps were replaced by the Medical Service Corps.

A diverse and integral part of the Army health-care team, MSC officers have been essential members of the Army medical support team for combat operations in Korea, Kosovo, Somalia, Panama, Iraq and Afghanistan, according to the Army MSC recruiting website at http://www.goarmy.com/amedd/m_service/index.jsp

The July 1 celebration included cutting a huge cake emblazoned with the MSC's silver caduceus by the youngest and oldest officers present. Joining Rubenstein in doing the honors were retired Col. Byron

Howlett, an MSC officer who flew medical evacuation missions during the Vietnam War, and 2nd Lt. Lorraine Smalls. Howlett was also commander of the 498th Air Ambulance Company from June 1967 to June 1968.

"There's a Soldier bleeding on a mountain-top in Afghanistan right now being treated by a medic or a doctor or a nurse, who is being supported by a medical service corps officer," Rubenstein said. "There's a patient being treated right now somewhere in the world by a MSC officer. There is amazing research being conducted by MSC officers."

"Ninety-three years has never looked so good," Rubenstein wrote in a message on the MSC website at <http://medicalservicecorps.amedd.army.mil/birthday/93rdBirtdayMessage.pdf>.

"Be proud of your service and know that you're making a difference every day."

Fort Sam firefighters recognized with awards

By L.A. Shively
FSH Public Affairs

Fort Sam Houston Fire & Emergency Services recognized two of their own during an early morning ceremony June 30.

Station Capt. David Lewis was named the 2009 FSH Fire Officer of the Year for the Army and Lt. Gabriel Castillo was named the 2009 FSH Firefighter of the Year for Installation Management Command West.

Fire Chief Curtis Williams, in charge of Fire Station #1, presented each a plaque commemorating their service. Lewis is in contention for Fire Officer of the Year for the Department of Defense.

Williams lauded

Lewis' and Castillo's service, saying they were instrumental in the success of the department.

Lewis has been recognized repeatedly for outstanding performance. He was named Civilian Fire Officer of the Year in 2009. Among this year's accomplishments was his role in a major upgrade of the fire engines.

"We were sitting here with trucks that were about 25 years old. With his help we were able to lease new fire engines to provide the community the protection and service they require," Williams said.

Williams said Lewis also helped develop Fort Sam Houston Fire Department's Fire Explorers Post 1876. The program teaches youth



Station Capt. David Lewis (left), named the 2009 FSH Fire Officer of the Year for the Army, receives a plaque from Fire Chief Curtis Williams commemorating his service.

interested in the fire department about fire fighting, giving them hands-on opportunities to learn necessary skills.

Currently there are 15 to 20 young people from the community participating in the Explorers Williams said. The



Lt. Gabriel Castillo (left), named the 2009 FSH Firefighter of the Year for Installation Management Command West, receives a plaque from Fire Chief Curtis Williams commemorating his service.

Explorers won two of four events at the inaugural Alamo Area Fire Explorer Competition last year.

The Fire Explorers have a special place in Lewis' heart. His dad was

See **FIRFIGHTERS** P9

Photos by L.A. Shively

GATES from P1

when we found out the Secretary was going to be here awarding the Purple Heart, we decided it would be a wonderful opportunity to meet him and shake his hand,” said Strickland’s wife, Carrie. “It was a real blessing.”

Spc. Reed Jones III, Company G, 40th Combat Support Battalion, was injured Aug. 11, 2009 in Afghanistan. His team was engaged in a complex attack that included small arms fire and an IED while returning from patrol.

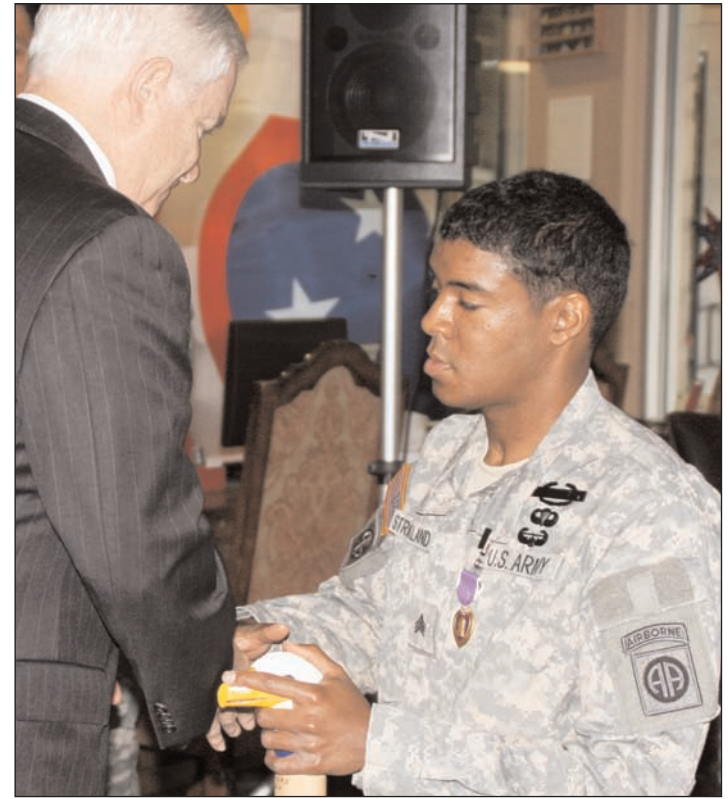
Initially created as the Badge of Military Merit by Gen. George Washington, the Purple Heart is the oldest military decoration in present use. It is awarded to members of the Armed Forces of the United States who are wounded by an instrument of war in the hands of the enemy.

Following the ceremony, the Soldiers were greeted by Family and friends, receiving hugs and posing for photographs.

Gates met with wounded warriors at the WFSC prior to the ceremony and also visited Brooke Army Medical Center.



Defense Secretary Robert M. Gates pins the Purple Heart on Spc. Reed Jones III during a ceremony at the Warrior and Family Support Center on June 30.



Photos by Lori Newman

Defense Secretary Robert M. Gates shakes hands with Sgt. Legrand Strickland after presenting him with the Purple Heart June 30 during a ceremony at the Warrior and Family Support Center.

SEGUIN CELEBRATES JULY 4TH



Above, Sgt. 1st Class Hector Santiago-Perez (left), NCO Academy, assists with folding the U.S. flag at the city of Seguin's flag-raising ceremony July 3. A flag-raising ceremony began the Independence Day celebration followed by a parade. Afterward, the military ambassadors were invited to a special luncheon with the mayor of Seguin. The celebration ended with fireworks.

Photos by Ted Koniares

Army Ambassador Sgt. 1st Class Hector Santiago-Perez (right), NCO Academy, and Air Force Ambassadors Tech. Sgt. Kathleen May, Lackland Air Force Base, and 2nd Lt. Monica Verdoza, Air Force Intelligence Surveillance Agency, ride atop the military float in the city of Seguin's annual Independence Day parade July 3.



Wilford Hall conducts study to reduce premature births

By Linda Frost
59th Med Wing Public Affairs

A research program is under way at Wilford Hall Medical Center at Lackland Air Force Base to test the effectiveness of an investigational drug to reduce pre-term delivery in women.

Lt. Col. (Dr.) Andrea Shields, a maternal-fetal medicine specialist with the 59th Maternal/Child Care Squadron, along with investigators from eight other Department of Defense sites, are part of the research project.

“The study will allow us to measure the ability of an investigational drug to reduce preterm delivery in women whose previous pregnancies have resulted in premature births, and to assess the drug’s effect on improving the health of the newborn,” Shields said.

The National Institute of Child Health and Human Development reports that women who have had previous preterm births are more likely to have subsequent preterm births.

Babies born prior to

37 weeks of gestation are considered premature and are prone to health problems such as lung and brain damage and vision impairment.

Babies born after 37 weeks of gestation are considered full term and are more likely to be healthy.

The project is a worldwide study enrolling approximately 1,700 women from the U.S., Canada and other coun-

tries. Participation may last up to 20 weeks, depending on when the subject is enrolled.

“Participation could contribute to reducing the number of preterm births and prematurity complications in the United States and worldwide,” Shields added.

Individuals interested in learning more about participating in this study call 292-6100.



Photo by Josie Walck

Lt. Col. (Dr.) Andrea Shields, maternal-fetal medicine specialist, performs an ultrasound on a patient in the Wilford Hall Obstetrics/Gynecology Clinic .

FIREFIGHTERS from P5

a police officer and his dad's best friend was a firefighter in Los Angeles, Calif., where he was raised. He said even though he considered both men heroes, there was something special about fire fighting that drew him, so he joined the Fire Explorers at 15 years old.

"I absolutely fell in love with it. I knew as a kid that's what I wanted to do, but [the Fire Explorers program] really solidified it in my mind," Lewis said.

After graduating from college in San Diego, he worked with the Navy as part of the city of San Diego's fire department; where Lewis became experienced with the military and with a variety of situations.

"We had everything from wildland fires, earthquakes, mudslides, shipboard fires on the aircraft carriers and sub-marines." He also worked with paramedics in downtown San Diego. "Fifteen, 19, 24 calls in a 24-hour period and a homeless population really kept us busy."

Moving to San Antonio

FSH Fire & Emergency Services

- **Best Fire Dept. in Army, 2006**
- **Best Fire Prevention Program in Army, 2008**
- **Best Small Fire Dept. in West Region, 2009**

was part of his decision to join the DoD Fire Emergencies & Services program. "On the side of our trucks it says 'Protecting those who defend America.' I feel passionate that I am able to protect the lives and the lives of the Families of the guys who are deployed keeping our nation safe. I feel blessed that I am able to serve in that capacity," Lewis said.

A firefighter for 11 years, Castillo served in the U.S. Marine Corps before starting his fire fighting career in Arizona. A home-town boy, Castillo returned to San Antonio in 2001.

He said he was drawn to fire fighting because he was awed by the gadgets, the trucks and the firefighters he met while in school. "They're super heroes," he said.

Castillo enjoys the

teamwork and camaraderie in the fire department, but gets true satisfaction from helping others. He recalls helping a little girl who was trapped by a fallen tree.

"She was bleeding and semiconscious, but we got the tree off of her and rendered her aid," he said adding it was a good outcome. The little girl was fine.

Castillo credits Lewis for his own achievement. "Part of my success is from what he brought to the table. With great leadership, we have something to follow," he said, adding Lewis always supports the younger officers and junior firefighters.

Post firefighters are also trained in dealing with hazardous materials disposal, weapons of mass destruction response and all are paramedics.

Fort Sam Houston Family & MWR Sports Updates

<http://www.portsamhoustonmwr.com/vsm/page.asp?pid=239>



Mark and Robin Johnston watch their children, Marlin, Claire and Leland during a hands-on demonstration of cannon operation following the July 4 salute. The Soldiers are (from left) Sgts. Freddie Vargas, Steven Galindo and Spc. Eric Nickleson, members of the Cannon Salute Battery.



Chief Warrant Officer 5 Douglas Paarmann directs the U. S. Army Medical Command Band during a selection of patriotic music prior to the 4th of July Cannon Salute to the Union ceremony at the post main flagpole.

Fort Sam, community celebrate 4th of July

Photos by Esther Garcia



Col. Mary E. Garr (left), commander, 502nd Mission Support Group/Garrison, presents the Air Medal Award with Numeral 25 to Robert Espinoza for his military service in the Republic of Vietnam. The veteran, a helicopter crew chief and gunner, earned the medal for his second tour in 1972. He is also the recipient of the Distinguished Flying Cross, earned during his second tour and presented to him in 1972 by the commander of Fort Sam Houston, among his other numerous awards and decorations.



Jack Cowan, governor, Order of the Granaderos y Damas de Galvez, presents Maj. Gen. Simeon Trombitas, commanding general, Army South, with a Certificate of Membership in the Order of the Granaderos de Galvez at the 26th Annual Independence Day patriotic ceremony at the Fort Sam Houston National Cemetery, in appreciation for his remarks at the event. The ceremony recognizes Spain's contributions to the American Revolution. The Spanish army, under command of General Bernardo de Galvez, defeated the British several times, securing the Mississippi and Ohio rivers.



The Army Medical Department Center & School Color Guard leads the Independence Day Celebration and parade July 3 in the Oak Park-Norwood Neighborhood. Festivities began with the presentation of the colors followed by the parade. Family, friends, neighbors rode bicycles or wagons decorated in patriotic colors.



Frank Rohrbough, Sons of the American Revolution, rings the bell once each for the original 13 Colonies during the salute to the Union.



Dressed in period uniform, members of the Granaderos y Damas de Galvez, Granaderos Musket Firing Party load muskets to fire rounds commemorating the original 13 Colonies.



Maj. Gen. Simeon Trombitas, commanding general, U.S. Army South, his wife Kellie, with veterans and representatives of various local civic organizations follow Ray Gutierrez, Texas state director for Bugles Across America, as he leads the wreath ceremony procession to the Flag Circle at the Fort Sam Houston National Cemetery during the 26th Annual Independence Day Patriotic Ceremony. Hosted by the Order of Granaderos y Damas de Galvez, the ceremony honors the nation's founders and all those who have died defending America.



Members of the Cannon Salute Battery, Headquarters and Headquarters Company, U.S. Army Garrison, take time out for a photo with Cols. Mary and John Garr following the 4th of July Cannon Salute.

Pediatric, adolescent services open enrollment at Brooke Army Medical Center

By Kari M. Thresher
SAMBIO Public Affairs

The Brooke Army Medical Center Pediatric and Adolescent Medicine Clinics are accepting new patients enrolled in TRI-

CARE Prime.

Quality beneficiary care for children from newborn to 12 years old is provided in the BAMC Pediatric Clinic, while adolescents 13 to 23, not on active duty or who are

spouses, can enroll in the Adolescent Medicine Clinic.

A full range of primary care services offered at BAMC include same-day acute care, well-baby checkups, rou-

tine appointments, childhood immunizations, special needs and after-hours pediatrics care.

There is also a pharmacy co-located with the General Pediatrics Clinic.

Along with routine pediatric needs, inpatient pediatric care is located in a modern, renovated space on BAMC's 5th floor. Pediatric subspecialty care provided at BAMC includes Endocrinology, Gastroenterology, Hematology/Oncology, Pulmonary, Nephrology,

Child Neurology, Infectious Disease, Pediatric Surgery, and the Tri-Service Cystic Fibrosis Center.

X-rays, labs and prescriptions can usually be obtained the same day as an office visit at no cost.

Valet parking is available at the Medical Mall accessible from the I-35 gate at BAMC.

TRICARE Prime enrollees have priority for appointments.

Children must be enrolled in TRICARE Prime with BAMC desig-

nated as the primary care manager. If a child is enrolled but has been seen at another location, a form is needed to redesignate his or her primary care manager.

Online enrollment and routine appointment scheduling is available at <http://www.tricareonline.com>.

For more information call 221-4151/4149 or visit the TRICARE Service Center, Building 2535 on Garden Ave., Monday through Friday, 7:30 a.m. to 4:30 p.m.

Thought of the Week

The charm of a deed is its doing; the charm of a life is its living; the soul of the thing is the thought. — Eugene Fitch Ware

(Source: Bits & Pieces, June 2009)

YOGA from P1

are often prescribed multiple medications and sometimes seen by several different doctors, which can cause inconsistencies in care. But he maintained that this is not just an Army problem – it's a problem throughout the U.S. healthcare system.

The task force visited 28 military, Veterans Affairs and civilian medical centers between October and January to observe treatment capabilities and best practices. Schoomaker said his goal is to form a pain-management strategy that is holistic, multidisciplinary and puts Soldiers' quality of life first.

Schoomaker stressed that Army practices have always been in compliance with America's medical regulations, but he thinks the Army can do better. His higher standards include treatment alternatives that might not yet be pre-



Photo by Master Sgt. Christina Bhatti

U.S. Soldiers practice yoga at Camp Bundela in Babina, India, as part of a cultural exchange between the Indian and U.S. armies in support of bilateral exercise Yudh Abhyas 2009.

scribed in average doctor's offices, but which patients are already seeking out on their own, such as acupuncture. He said the Army has looked at research on the effectiveness of complementary techniques, and he would like to see them integrated into traditional medical treatment.

"Programs such as biofeedback and yoga have been subjected to scientific randomized

trials and have been proven to be effective," Schoomaker said.

Biofeedback involves measuring temperature, heart rate, muscle tension and brain waves to help patients with relaxation techniques and pain reduction.

Schoomaker said he is hopeful that Soldiers will be receptive to alternative methods of care once they see that the treatments work.

"Seeing success is the best way to convince people of the usefulness and the need for other approaches," said Col. Jonathan Jaffin, director of health policy and services, Army Office of the Surgeon General.



Announcements

Summer Sale

The Fort Sam Houston Golf Club Pro Shop is having its Summer Sale until August 31. In-stock items only, all sales final. Call 222-9386.

Calendar of Events

July 8

Excel Level 1

Class is 8 a.m.-noon for active duty Soldiers, spouses, civilian employees and retirees at ACS Building 2797 in the computer lab. Basic computer skills and registration required. Call 221-2518 or e-mail jennifer.lobos@us.army.mil.

Financial Readiness

Mandatory Initial First Termer Financial Readiness class 10 a.m.-noon at the ACS Computer Lab Building 2797. Call 221-1612.

Immigration Services

Noon-2 p.m. at the ACS Building 2797. Call 221-2418/2705.

CMDR/Senior Leader Training

FAP training required for commanders and first sergeants within 45 days following assumption of command. ACS

Building 2797, 8-10 a.m. Call 221-0349/2418.

EFMP: What it means to me

Second Thursdays 1:30-4 p.m. at ACS Building 2797. To register call 221-2604/0285.

Couples Enrichment

The three-part class begins 5:30-7 p.m. at ACS Building 2797. To sign up call 221-0349/2418.

July 9

FRSA Forum

Mobilization and Deployment FRSA Forum 11:30 a.m.-1 p.m. at ACS Building 2797. To register, call 221-1829/2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

ESL Class

Monday and Friday, 5-8 p.m. at ACS Building 2797, use back entrance. Class is free. To sign up, call 221-1681/9698.

Getting Ready for Childbirth

Class is 1-4 p.m. at ACS Building 2797. Call 221-0349.

Financial Readiness

ACS Financial Readiness offers a Mandatory Initial First Termer Financial Readiness class, 10 a.m.-noon at the ACS Computer Lab Building 2797. To register call 221-1612.

Game Night At The Library

The first Friday of each month, 4:30 p.m. at the Keith A. Campbell Library. Refreshments served. Call 221-4702.

July 11

Heart of Texas (HOT) Triathlon

Report to the Jimmy Brought Fitness Center between 5:15-5:45 a.m. on July 11, 25 and August 15, with a championship August 29 for packet pick up, number assignment, bike inspection and final instructions. Open to the public, for fees and registration call 221-1234.

July 12

UVA Training

Held July 12-16, 8 a.m.-4 p.m. at the 32nd Med. Bgde., Building 902. UVA's must be E6 or higher, CW2/1Lt. or higher or GS-11 or higher. Call 221-1505.

Parenting for StepFamilies

Class begins 11 a.m.-1 p.m. at the ACS Building 2797. To sign up call 221-0349/2418.

Budget Development

ACS Financial Readiness will offer class, 2-4 p.m. at ACS Building 2797. Call 221-1612.

Unit Family Readiness

Mobilization and Deployment will hold UFR training, 10-11 a.m. at ACS Building 2797. To register, call 221-1829/2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

July 13

Key Caller

Mobilization and Deployment will hold training 8 a.m.-4 p.m. at ACS Building 2797. To register call 221-1829/2705 or e-mail samh.acs.mob.deploy@conus.army.mil

BEAMS

Building Effective Anger Management meets Tuesdays for six weeks 11 a.m.-12:30 p.m. at the ACS Building 2797. Call 221-0349/0600.

Women Encouraging Women

Meets noon-1 p.m. at the ACS Building 2797. Topic is "Tips to Manage Job Stress." Bring lunch and a friend. Call 221-0349/0600.

Using Credit Wisely

ACS Financial Readiness will offer a Using Credit Wisely class 2-4 p.m. at ACS Building 2797. To register call 221-1612.

July 14

Financial Readiness Classes

ACS Financial Readiness offers a Mandatory Initial 1st Termer Financial Readiness class, noon at the Education Center, Building 2248. to register call 221-1612.

EFMP Support Group

Open to Soldiers and Families with special needs members. Wednesdays 6-7:30 p.m. at the School Age Service Building 1705, Dodd Blvd. Childcare and dinner provided. Registration required, call 221-2604 or e-mail melissa.reyes@us.army.mil.

Bringing Baby Home

FAP offers class July 14 and 28, 9 a.m.-12:30 p.m. at the Red Cross Building 2650. Provides information on infant care, infant safety and more; dads welcome. Call 221-0349.

See MWR P15



Announcements

Volunteer Cooking Instructors & Gardeners

WFSC needs teachers and gardeners. Call 916-9656.

Found Property

Lost items on FSH? Call 221-2340

Calendar of Events

July 14

Technology Expo

NEC is hosting a free expo 10 a.m.-2 p.m. at the Sam Houston Club. Call 443-561-2432.

July 19

Warrant Officer Association

The Lone Star Silver Chapter of the AWOA meets 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel Rd. Call 375-9895 or 666-9818.

July 25

Valor Conference

For Families of deployed military personnel at the Omni San Antonio Hotel, 110 Wurzbach Rd., 10:30 a.m.-1:30 p.m. Registration deadline July 16, call 699-5803.

Summer Cheerleading Camp

Churchill Cheer's Summer Spirit Camp for girls, pre-kindergarten (4 years old) through 8th grade, July 26-July 29, 8:30 a.m.-noon. Early drop off begins at 7:45 a.m. The \$150 registration fee has a \$25 discount w/copy of this notice. Call 381-5046 or e-mail jjones2@neisd.net.

Outdoor Movie Night

Movies begin at dusk or about 8:30 p.m. Bring lawn chairs and/or blankets. Popcorn, snow cones and cotton candy is free. If inclement weather, movies shown at the Army Community Center, Building 2797 at 7 p.m. Call 221-2418.

July 09 – Flag Pole, “The Blind Side”
 July 10 – Dodd Field, “The Spy Next Door”
 July 23 – Flag Pole, “Shorts”
 July 24 – Dodd Field, “Hachi: A Dog’s Tale”
 Aug. 13 – Flag Pole, “Star Trek”
 Aug. 14 – Dodd Field, “The Twilight Saga, New Moon”
 Aug. 27 – Flag Pole, Disney’s “Alice in Wonderland”
 Aug. 28 – Dodd Field, “Astro Boy”

REMINDER CALENDAR

- July 8** 410th Contracting Support Battalion change of command, 10 a.m., AMEDD Museum
- July 9** MEDCOM Band Concert, 7:15 p.m. and Movie Under the Stars, “The Spy Next Door,” 8:45 p.m., FSH main flagpole
- July 10** Movie Night, “The Blind Side,” 8:30 p.m. at Dodd Field
- July 11** Triathlon No. 3, 6:30 a.m., FSH Aquatic Center
- July 13** 32nd Medical Brigade change of responsibility, 8 a.m., MacArthur Parade Field
- July 15** Dental Command change of command, 8 a.m., FSH main flagpole

MWR from P14

Truth or Consequences!

FAP begins four part series 5-6:30 p.m. at the Red Cross Building 2650. Teens are given tools to improve decision making skills, develop effective conflict manage-

ment skills and enhance self esteem. Call 221-0349.

Overseas Orientation

Relocation Readiness Program offers orientation 10 a.m. and 5 p.m. at the ACS Building 2797. Call 221-2418/2705.

News Leader survey online

Visit <http://www.samhouston.army.mil/PAO>. For more information, call 221-0615 or 221-2030.



For Sale: Yamaha U3 Fully Upright Piano 2002, bought in Japan, excellent condition, high quality amazing piano, beautiful sound, \$3,500; five piece drum set with stool, good condition \$200; BC Rich Warlock electric guitar, black w/30W amp and cool, shaped red

velvet lined guitar case, black, all in excellent condition, very nice beginners set \$350; call 290-8779.

For Sale: Set of Ping G2 3-PW Irons golf clubs, good condition, \$120 obo; Ping G-5 driver w/cover, graphite shaft, regular flex, 10.5 loft, \$40. Call 373-8469.

For Sale: Complete Kokopelli queen-size bedding set w/comforter, top & bottom sheets, two pillow cases, two pillow shams, dust ruffle, one huge throw pillow, two medium throw pillows, large

area rug; excellent condition. Cost over \$150 total, asking \$50. Queen size bed set, comforter, dust ruffle & pillow shams, black & gold Roman design, asking \$20. RV extension cord 25 ft, 30 amp, cost \$75; asking \$25. Call 295-2366.

For Sale: Large dining table w/butterfly expansion leaf, four matching chairs. Table top is country tan; legs are dark brown \$300. Call 659-6877.

For Sale: Matching couch and loveseat \$250. Call 957-3855.